

DATE: _____

LIFE AUDIT

BY DIA: CREATOR OF "THE DO IT ALL GIRL"™

Step 1: gratitude On the right include each month of the year, and on the left in point form write memorable things that happened!

[illegible]

DATE: _____

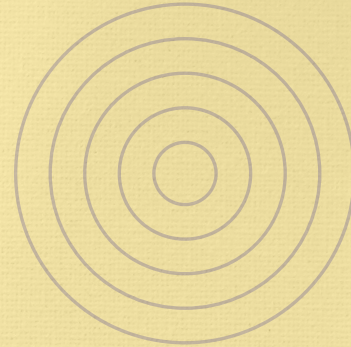
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General Reflection of 2023



Who and what was most important to you this past year? Why?



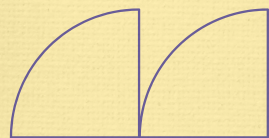
What are some of your routines and or habits that made you better (more authentically yourself) this year? What are routines and habits that hurt you this year?



What are 5 things you are so grateful for and want to put more energy into appreciating?



Things about yourself or moments this year you want to channel: *for example be more spontaneous, create a tangible pathway to make more of these moments.*



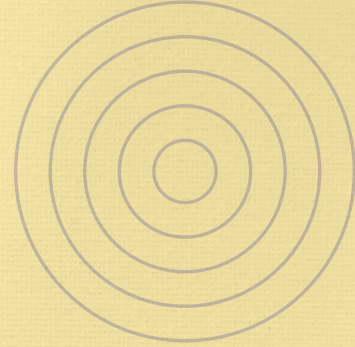
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Connect with your 'Future Self'



How do you want to feel this upcoming year?



What are 3 focus areas of YOU that you want to foster?



What are things you need to prepare and plan for?




Instructions: Write a detailed letter to yourself, dated January 2025. Describe your life having achieved your 2024 goals. Focus on emotions, achievements, and changes. Use vivid language to bring this future to life.

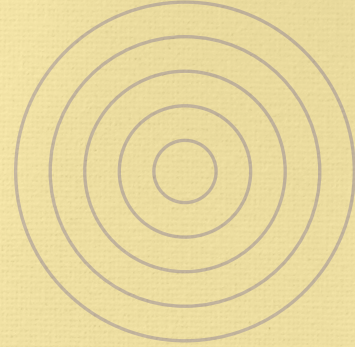



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Break Goals Down Into Milestones

 **Instructions:** Create a timeline for 2024. Divide it into quarters. For each quarter, list the critical milestones that lead to your yearly goal. Ensure they align with your 3-year and 10-year visions.





 10 year goal


 3 year goal

 1 year goal

 Q1 2024 goal

 Q2 2024 goal

 Q3 2024 goal

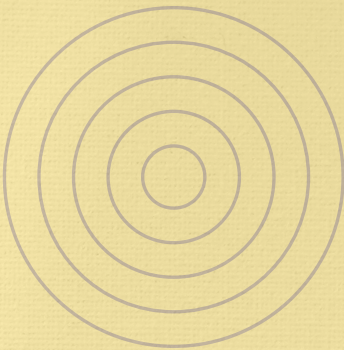
 Q4 2024 goal



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LIFE AUDIT

Write down your INS and OUTS
for each facet of your life.



HEALTH

PERSONAL PURPOSE

PROFESSIONAL

SOCIAL/RE
LATIONSHIP

FINANCE


ENVIRONMENT



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Break Goals Down Into Milestones

 **Instructions:** List down factors in your current environment that hinder or help your goals. This includes physical spaces, relationships, and habits. Develop a plan to enhance positive influences and reduce negative ones.



 Things to remove

 Things to double down on

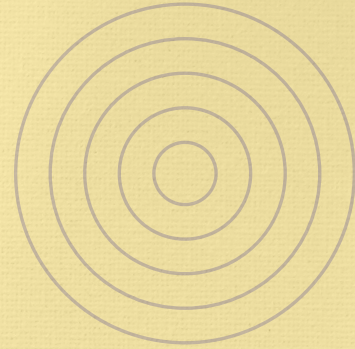


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Adopt New Identities

- **Instructions:** Identify and write down the new identities you need to adopt for your goals. Next to each identity, list actions and mindsets that embody this identity. Commit to practicing these regularly.

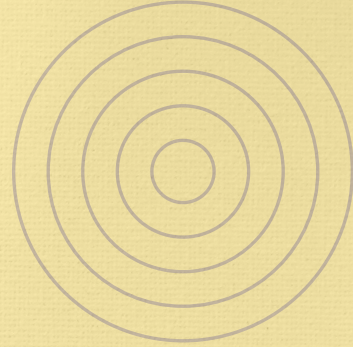


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LIFE AUDIT

Leverage Accountability Partners

- **Instructions:** Identify potential accountability partners. Outline a plan for regular check-ins and progress updates. Detail how these sessions should be structured to ensure they are productive and focused
***think about having accountability partners for different facets of your life ie. health, finance, business, confidence.

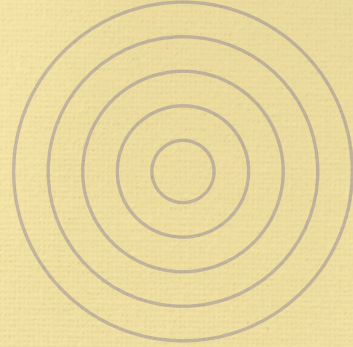


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Dreams

- **NOW** - write the craziest wildest dream your inner child wishes could happen!! No rules, no restrictions, just be authentic and dream big.



Action

- **NOW** - you are the average of the 5 people you spend your time with. Who are friends/mentors/coaches that will help you get to that future version of yourself? focus.

Part 2: write tools you need to implement to get to that future version.

